

Purpose A 16-item, self-report questionnaire, the CASQ was designed to evaluate adolescent experiences of sleepiness and alertness in a variety of situations, including: in school, at home during the evening, and while in transit. Though similar scales have been developed in the past, the CASQ's creators suggest that these measures often contain items that are not applicable to children throughout the tested age range and that may not be particularly clear.

Population for Testing The scale has been validated with youth 11–17 years old.

Administration Requiring between 5 and 10 min, the scale is a self-report, pencil-and-paper measure.

Reliability and Validity In a psychometric analysis conducted by Spilsbury and colleagues [1], researchers demonstrated an internal consistency of .89. Total scores on the CASQ were negatively

correlated with objective measures of sleep duration, while scores for youth in the obstructive sleep apnea group were significantly higher than those obtained by controls.

Obtaining a Copy A copy can be found in the original article published by developers [1].

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Scoring Respondents use a 5-point, Likert-type scale to answer questions regarding their sleepiness in a variety of situations. Options range from “never,” which receives a score of 1, to “almost always,” which receives 5. Higher scores denote greater sleepiness.

Cleveland Adolescent Sleepiness Questionnaire

Today’s Date: (fill in) / /

What is your age? (fill in years) What is your sex? (check one) 1. Female 2. Male

We would like to know about when you might feel sleepy during a usual week. For each statement, mark the circle under the response that best fits with how often it applies to you. It’s important to answer them yourself – don’t have people help you. There are no right or wrong answers. For example, if we asked “I sleep with a pillow,” and the response that best fit how often you sleep with a pillow was “often,” you would mark the item as follows:

EXAMPLE	Never (0 times per month)	Rarely (less than 3 times per month)	Sometimes (1-2 times per week)	Often (3-4 times per week)	Almost every day (5 or more times per week)
I sleep with a pillow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>

Sleepiness Questions

	Never (0 times per month)	Rarely (less than 3 times per month)	Sometimes (1-2 times per week)	Often (3-4 times per week)	Almost every day (5 or more times per week)
1. I fall asleep during my morning classes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I go through the whole school day without feeling tired	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I fall asleep during the last class of the day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I feel drowsy if I ride in a car for longer than five minutes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. I feel wide-awake the whole day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. I fall asleep at school in my afternoon classes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Never (0 times per month)	Rarely (less than 3 times per month)	Sometimes (1-2 times per week)	Often (3-4 times per week)	Almost every day (5 or more times per week)
7. I feel alert during my classes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. I feel sleepy in the evening after school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9. I feel sleepy when I ride in a bus to a school event like a field trip or sports game	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. In the morning when I am in school, I fall asleep	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. When I am in class, I feel wide-awake	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. I feel sleepy when I do my homework in the evening after school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. I feel wide-awake the last class of the day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. I fall asleep when I ride in a bus, car, or train	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. During the school day, there are times when I realize that I have just fallen asleep	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16. I fall asleep when I do schoolwork at home in the evening	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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Reference

Representative Studies Using Scale

1. Spilsbury, J. C., Drotar, D., Rosen, C. L., Redline, S. (2007). The Cleveland adolescent sleepiness questionnaire: a new measure to assess excessive day-time sleepiness in adolescents. <i>Journal of Clinical Sleep Medicine</i> , 3(6), 603–612.	None
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